

DIRECTIONS TO WRITE ASSIGNMENT

- Use only foolscap size paper for writing your answers.
- Only handwritten assignments will be accepted.
- **Typed or printed copies of assignments will not be accepted.**
- Tie all the pages after numbering them carefully.
- Write the question above each answer & attach copy of the Assignment questions
- Start each question from a Fresh page.
- **Answer all questions.**
- All assignments will be evaluated out of total mark of 100.
- Each question carries marks as indicated against the question.
- Answer to short each question should be between **500-750 words and long question 1000 to 2000 words.**
- **Please ensure to send the Assignments by Speed Post Only. Keep a copy of Postal receipt for future reference.**

SUGGESTIONS FOR WRITING AN ASSIGNMENT

- Read the assignments carefully.
- Go through the units on which the answers are based.
- Draw a rough outline of your answer.
- Make a logical order.
- Then write your answer neatly and submit.
- Give illustrations and tables, flow diagrams wherever necessary.
- **You must keep a Xerox copy of the answer sheets for future reference and during preparation for theory examinations.**
- Answer each assignments I and II in separate note books.
- Give an index specifying the contents with page numbers.
- Attach the copy of the assignment paper with the respective answer book.

On the first page of the assignment response sheet, please write the following

Course Name _____	Enrollment No _____
Assignment Code _____	Name _____
Date of Submission _____	Address _____
E-mail ID _____	Signature _____
Mobile No. _____	



आरोग्यम् सुखस्यमया

THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE
(DISTANCE LEARNING CELL)

POST GRADUATE DIPLOMA IN MANAGEMENT– (PGDM-EXECUTIVE)
HEALTH PROMOTION

SESSION 2019-20

ASSIGNMENT – I

Module-I Basic Concepts of Health and Health Promotion

Module-II Reduction of Risk Factors of Non-communicable Diseases and Communicable Diseases

Module-III Planning, Designing, Monitoring and Evaluation in Health Promotion

Module-IV Health Promotion and National Health Programmes

(ANSWER ALL QUESTIONS)

Maximum Marks = 100

1. What is the difference between Health Education and Health Promotion? Select an issue and a target group (Adolescents, youth, elderly etc.). Plan a health promotion programme giving specific activities that could be undertaken.

(20 Marks)

2. **Write short notes on**

(4 x 10 = 40 Marks)

- i. Importance of 'Social Determinants of Health' for planning Health Promotion Activities
- ii. Ottawa Charter and Health Promotion
- iii. Major Risk Factors for Non-Communicable Disease and strategies for control
- iv. Healthy Life-style and role of Nutrition

3. **Write short notes on**

(4 x 10 = 40 Marks)

- I. Strategies for enhancing physical activities in daily life for sedentary workers
- II. Key indicators for monitoring Health Promotion Activities
- III. Policy Measures for Control of Tobacco among adolescents
- IV. Community Health Needs Assessment



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ASSIGNMENT – II

Module-V Epidemiology, Health Statistics and Health Management Information System
for Health Promotion

Module-VI Health Promotion in Different Settings

Module-VII Information, Education and Communication Strategies for Health Promotion

Module-VIII Advocacy in Health Promotion

Module-IX Partnership in Health Promotion

Module-X Capacity Building for Health Promotion

Module-XI Gender and Health Promotion

(ANSWER ALL THE QUESTIONS)

Maximum Marks = 100

1. What do you understand by Advocacy? List some advocacy issues which need attention for the adolescents. Design an advocacy strategy for Health Promotion for the same.

(20 marks)

2. **Write Short Notes on:**

(4 X10 = 40 marks)

- I. Use of HMIS for Health Promotion
- II. Counselling and its importance in Health Promotion
- III. Natural history of Disease and importance of levels of prevention.
- IV. Need and importance of IEC for health promotion activities

3. **Write Short Notes on:**

(4 X10 = 40 marks)

- I. Role of AYUSH in health promotion.
- II. Disaster Preparedness of community.
- III. Mainstreaming gender for planning any health promotion activities
- IV. Capacity Development of Health Personnel for health promotion